



Kim Colegrove's

**21-Day
Meditation
Jumpstart
Journal**





Hello!

This is your 21-Day Meditation Jump Start Journal – a simple tool to help you start and sustain a meditation practice.

I know the thought of meditating can be overwhelming, even scary. In our society, busy-ness and chaos have replaced stillness and silence. But these lost concepts are crucial to our well being.

Stress is damaging our health, ruining our relationships, and making us unhappy. Stress-related conditions such as anxiety, depression, and insomnia are prevalent today, and our quality of life is suffering. Meditation is an evidence-based approach to stress management and can improve your overall health.

Please consider this journal a basic guidebook, without getting hung up on using it the “right way.” The goal is for meditation to become something you look forward to. So, try to stay relaxed and carefree as you work your way through the book.

On the next pages, I’ve offered some tips for using this journal with ease. For best results, use it every day for 21 consecutive days, without skipping. This commitment will help you develop a meditation practice that can shift your life in wonderful ways. However, if you miss a day or two, don’t give up! Either pick up where you left off or start again on day 1 and give it another go. You’ve got this!

My very best to you,

Kim

How To Use This Journal

I designed this journal to ease you into the practice of meditation. My goal is to help you get comfortable sitting quietly for a few minutes each day. On day one, you will sit for one minute. Each day you will add a minute, working your way up to 21 minutes. Once you've mastered this, you'll have the ability to sit in meditation for 15-20 minutes a day. Basically, we are training your brain and body to sit and stay so you can develop a daily meditation practice.

Contemplate

Each day, I've provided a contemplative thought for you to consider. The purpose of focusing on this thought is to help you detach from habitual, loop thinking (worries, concerns, your to-do list), and to distract you from the external environment and time.

Each introspective thought I've offered is an opportunity to think and feel into concepts you might not normally consider. These are intended to initiate mindfulness. They invite you to be more present and self-aware.

Close your eyes and breathe.

Read the contemplative thought, close your eyes and take a few deep breaths. As you sit, either focus on the contemplative thought or focus on your breath. No matter what happens behind your closed eyes and between your temples during the designated time, try to relax, observe and breathe.

Journal

As you learn to meditate and you work towards creating a regular meditation practice, writing down epiphanies, ideas, and questions will help you stay interested and connected to the process. I've provided space on each page for you to scribble down a few thoughts. Taking time to do this will deepen your experience.

Tips

- ✦ Be playful and relaxed.
- ✦ Don't get hung up on doing it the "right way."
- ✦ There is no wrong way. Just sit, breathe and relax.
- ✦ Always try to sit for the suggested length of time.
- ✦ Stick with it for 21 consecutive days.
- ✦ Don't give up!

Beginner Tip

- ✦ Need to test the waters before diving in? Why not contemplate each thought for 1 minute, 21 days in a row? Then start over on Day 1 and add minutes as you go.

Please approach this program as a fun and easy way to train your brain and body to relax and enjoy the wonderful benefits of meditation. Once you become comfortable sitting in stillness, you can create your own meditation practice that works for you. There are so many directions you can take your practice. I am simply offering a starting point.

I'm so excited for you! Let's get started.

Day 1 – 1 Minute

Contemplate: *I am not my thoughts.*

Sit comfortably and take a few deep breaths. Notice there are thoughts, and there is an observer of the thoughts – you. Disidentify with the thoughts. Don't engage with them. Just observe them

Afterwards, use the space below to jot down any thoughts or questions.

Day 2 – 2 Minutes

Contemplate: *There is space between my thoughts.*

Sit comfortably and take a few deep breaths. Begin to notice the tiny little space between your thoughts. No expectations. No judgments. Just relax and observe that there are small gaps between thoughts.

Afterwards, use the space below to jot down any thoughts or questions.

Day 4 – 4 Minutes

Contemplate: *it feels good to sit and breathe.*

Sit comfortably and take a few deep breaths. Notice how good it feels to breathe.

Feel how your muscles begin to relax. Enjoy this peaceful feeling.

Afterwards, use the space below to jot down any thoughts or questions.

Day 8 – 8 Minutes

Contemplate: *What's going on in my body?*

Sit comfortably and take a few deep breaths. Begin to notice what your body feels like in this moment. Allow your attention to be gently drawn to any area where there is a sensation.

Afterwards, use the space below to jot down any thoughts or questions.

Day 10 – 10 Minutes

Contemplate: *I am aware of the gap between my thoughts.*

Sit comfortably and take a few deep breaths. Relax your mind and gently notice the pause, the space between thoughts.

Afterwards, use the space below to jot down any thoughts or questions.

Day 12 – 12 Minutes

Contemplate: *I can choose to feel more relaxed.*

Sit comfortably and take a few deep breaths. Sink into a relaxed state. Accept any sensations and thoughts that arise as you focus on releasing tension and relaxing. When you feel tense or uneasy, mentally repeat the word, “relax” as you breathe.

Afterwards, use the space below to jot down any thoughts or questions.

Day 13 – 13 Minutes

Contemplate: *I can consciously shift my focus.*

Sit comfortably and take a few deep breaths. When thoughts arise, gently release them by turning your attention to the sound and sensation of your breath. Repeat as many times as you need to. Notice the ability to shift your focus away from thoughts by focusing on your breath.

Afterwards, use the space below to jot down any thoughts or questions.

Day 14 – 14 Minutes

Contemplate: *There are gifts in the silence.*

Sit comfortably and take a few deep breaths. Silently observe the thoughts in your head. Just observe, don't engage with them. Know that ideas, intuition and inspiration spring forth from quiet, passive moments.

Afterwards, use the space below to jot down any thoughts or questions.

Day 15 – 15 Minutes

Contemplate: *My body recharges when I allow it to relax.*

Sit comfortably and take a few deep breaths. Allow tension to release from your body. Become aware of a softening of your muscles and your entire physical structure as you focus on relaxing.

Afterwards, use the space below to jot down any thoughts or questions.

Day 16 – 16 Minutes

Contemplate: *I give myself permission to rest.*

Sit comfortably and take a few deep breaths. Sink into the pleasure of allowing your mind and body to rest while you simply sit and breathe.

Afterwards, use the space below to jot down any thoughts or questions.

Day 22

You did it! You made it through 21 days! Congratulations!
But now what? Below are some tips to help keep you going.

Whatever you do, don't stop! Meditation can be a life-changer and it only gets better with practice.

- ✦ Aim to meditate each day for 15-20 minutes.
- ✦ If that's too long at first, start where you can, with maybe 2 or 3 minutes a day and work your way up.
- ✦ Try to think of it as simply doing nothing; just breathe.
- ✦ Play some soft, calming music if you'd like.
- ✦ If you prefer, focus on one of the contemplative thoughts.
- ✦ Another option is mentally repeating a calming word, like the word relax, or mental repeat, "just be."
- ✦ Remember, there is no "right way" to meditate.
- ✦ Find a technique that works for you and just start practicing.

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